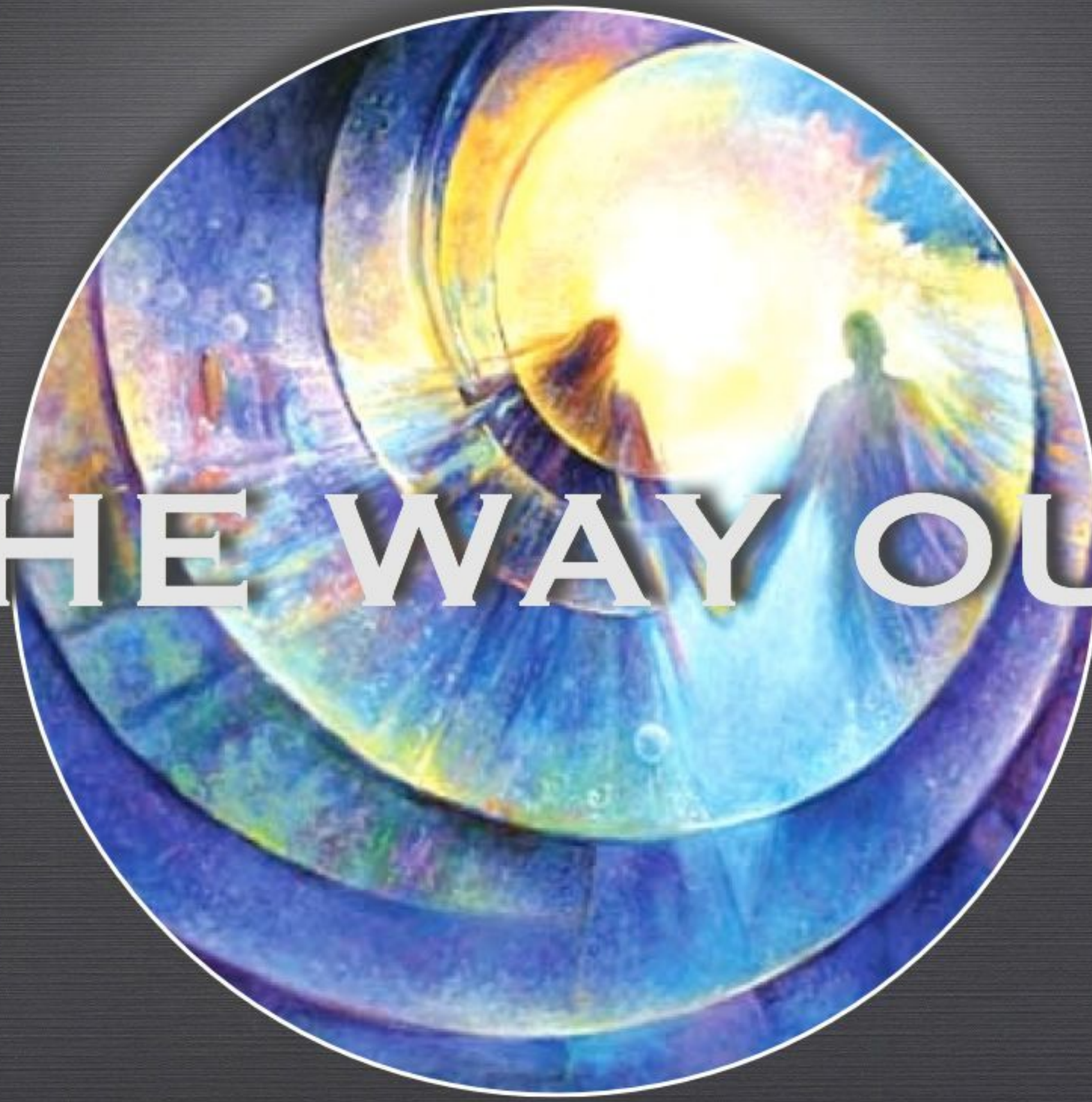
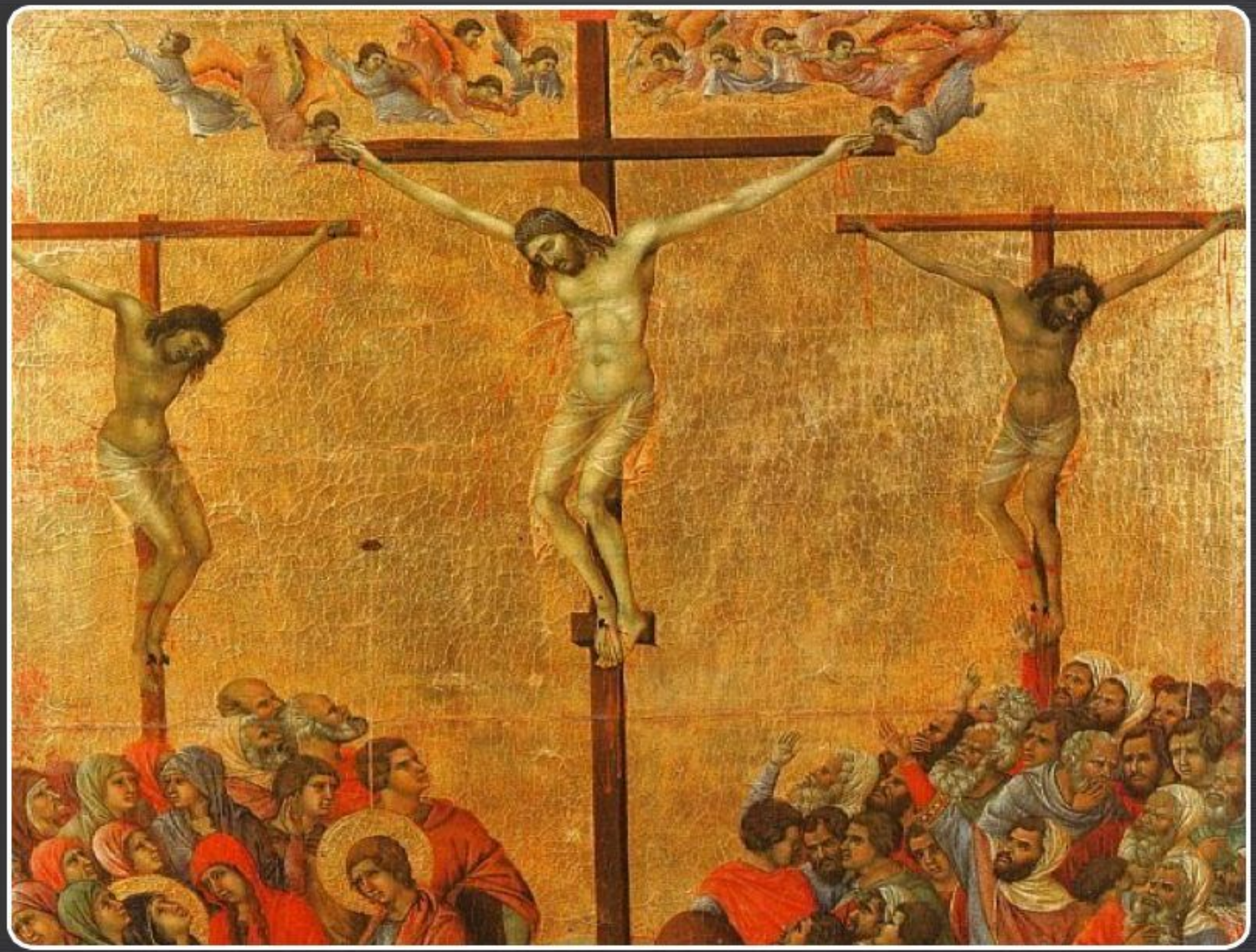


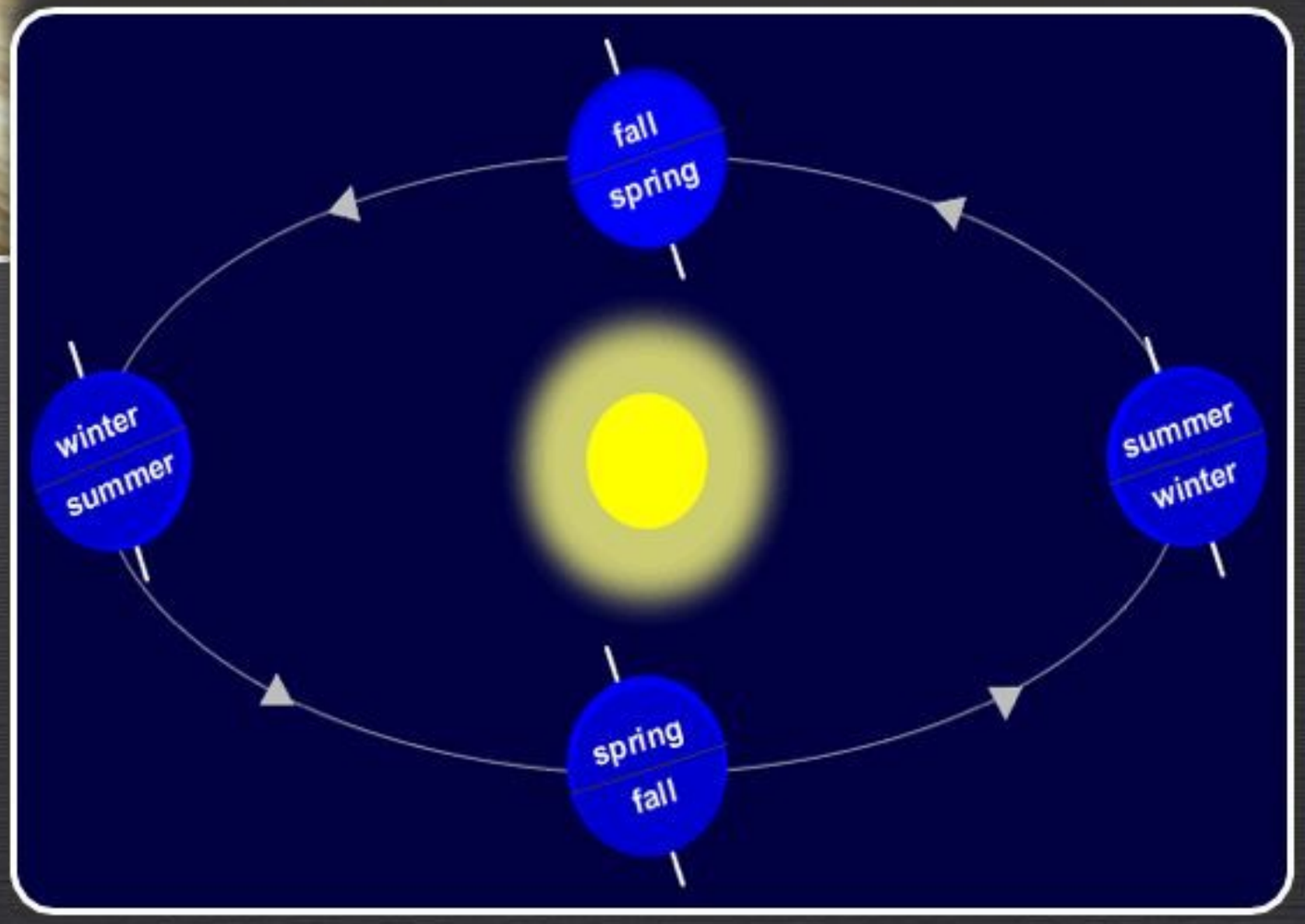
THE WAY OUT

Grassroots Solutions
For Real & Positive Change

- Heal Worldview
- Non-Support Of Dominators
- Change Quality Of Attention
- Develop Mindfulness
- Develop True Present Moment Awareness
- Use Of Entheogens In conscious context
- Change Diet
- Positive Thinking
- Detach From Monetary System
- Help others to awaken

PRESENT-MOMENT AWARENESS




fall
spring
winter
summer
summer
winter
spring
fall

MIND-FULL-NESS

VOLUME
10
1
2
3
4